



## **A MINUTE OF HEALTH WITH CDC**

### *Telephone Surveys and Your Health*

Surveillance of Certain Health Behaviors Among States and Selected Local Areas — United States, 2005

Recorded: June 12, 2007; posted: June 15, 2007

*This program is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.*

An important part of CDC's work is collecting and evaluating health information. One way this is done is by conducting telephone surveys, like the Behavioral Risk Factor Surveillance System. By contacting adults through randomly selected telephone numbers, we learn about behavior that affects health. The survey asks about topics like smoking, leisure activities, exercise, and alcohol use. With this information, CDC can help state and local health departments plan for the future. If you're asked to take part in a CDC telephone survey, saying "YES" can help in the effort to improve the health of the nation.

Thank you for joining us on *A Minute of Health with CDC*.

*To access the most accurate and relevant health information that affects you, your family and your community, please visit [www.cdc.gov](http://www.cdc.gov).*